

# FIRST AID FOR FOOD CHOKING

Victim Cannot Cough, Speak or Breathe

Rescuer must act **QUICKLY**. Choking is a life threatening condition. Call 911 immediately.

## 1 Give 5 Back Blows



**BACK BLOWS:** (1) Stand behind the victim and place your arm across their chest for support. (2) Bend the victim slightly at the waist. (3) Firmly strike the victim between their shoulder blades with the heel of your hand.

## 2 Give 5 Abdominal Thrusts



**ABDOMINAL THRUSTS:** (1) Stand behind the victim and wrap your arms around the victim's waist. (2) Place your fist thumb-side in against victim's abdomen, below rib cage, slightly above the navel. (3) Grasp your fist with the other hand. (4) Press your fist forcefully with a quick upward thrust into the victim's abdomen.

**\*TIP:** For infants, support the head and neck securely. Keep the head lower than the chest. Use two fingers in center of chest for thrusts.

## 3 Repeat Steps 1 + 2

Repeat the steps until the object is forced out, the person can cough forcefully or breathe, or the person becomes unconscious.

**IF THE PERSON BECOMES UNCONSCIOUS, BEGIN CPR STARTING WITH CHEST COMPRESSIONS. EACH TIME YOU OPEN THE AIRWAY, LOOK IN THE AIRWAY AND REMOVE THE OBJECT IF YOU SEE IT.**